




WHITE BROOK MIDDLE SCHOOL: Sept 24-28, 2018 LUNCH MENU

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Chicken Nuggets Homemade Mashed Potatoes and Gravy Fresh From The Farm Corn on the Cob!! 	Beef and Cheese Nachos Whole Grain Tortilla Chips, Seasoned Ground Beef Spicy Black Beans Shredded Cheddar Cheese, Shredded Lettuce, Salsa Sweet Corn	Pasta with Meatballs Barilla Pasta, Classic Marinara Sauce Italian Sauteed Greenbeans Tossed Salad Whole Grain Garlic Breadstick	Pulled Pork Sandwich BBQ Pulled Pork, Whole Grain Bun Sweet Potato Fries Confetti Coleslaw	Hamburg Sundae Seasoned Ground Beef in Gravy Homemade Mashed Potatoes Steamed Sweet Corn Whole Grain Dinner Roll
Grill				
Burger/Cheeseburger Baked French Fries	Burger/Cheeseburger Baked French Fries	Chicken Patty Sandwich Baked French Fries	Chicken Patty Sandwich Baked French Fries	Meatball Grinder with Cheese Baked French Fries
2Mato				
BBQ Chicken Pizza	Classic Cheese Pizza	Classic Pepperoni Pizza	Classic Cheese Pizza	Meat Lover's Pizza
On The Go				
Chicken Ranch Wrap Garden Salad w/ Cheese, Garden Salad w/Chicken and Cheese	Italian Cold Cut Wrap Garden Salad with Cheese	Ham and Cheese w/ Honey Mustard Garden Salad with Tuna	Turkey Sandwich with Lettuce and Tomato Chef Salad, Tuna Salad Sandwich	Tuna Melt Garden Salad with Buffalo Chicken
Salads offered with dinner rolls				
EXTRA EXTRA				
Baby Carrots Sweet Cucumber Salad Fresh Whole Fruit Assorted Chilled Fruit	Cucumbers Chick Pea Salad Fresh Whole Fruit Assorted Chilled Fruit	Power Peas Sweet Corn Salad Fresh Whole Fruit Assorted Chilled Fruit	Cucumbers Black Bean and Corn Salad Fresh Whole Fruit Assorted Chilled Fruit	Tomatoes Sweet & Tangy Broccoli Salad Fresh Whole Fruit Assorted Chilled Fruit

MONTHLY FOOD FOCUS: September Food Focus is TOMATOES!!

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Secondary: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes and fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.